























FITNESS SATURDAYS

SPRING 2025

STUDIO 1 

STUDIO 2 

STUDIO 3 

FEBRUARY 1	MORNING YOGA VIBES PEYTON 9:30-10:15AM 	CYCLE 30 PEYTON 10:30-11:00AM 	
FEBRUARY 8	MORNING YOGA VIBES PEYTON 9:30-10:30AM 	CARDIO HIP-HOP SYDNEY 10:30-11:00AM 	CYCLE 30 RACHEL 10:30-11:00AM 
FEBRUARY 15	CYCLE 30 ELLY 10:30-11:00AM 		
FEBRUARY 22	CARDIO HIP-HOP ABBIE 10:30-11:30AM 		
MARCH 1	BARRE SYDNEY 9:30-10:30AM 	ZUMBA PRESHOUS 10:30-11AM 	INTERMEDIATE YOGA ALEXIS 10:30- 11:30AM 
MARCH 8	GENTLE YOGA ALEXIS 9:30- 10:15AM 	ZUMBA ALEXIS 10:30-11:30AM 	
MARCH 29	CYCLE 30 ELLY 9:30-10:00AM 	BARRE MADY 10:30-11:15AM 	CARDIO HIP-HOP ABBIE 10:30-11:30AM 
APRIL 5	CYCLE 45 RACHEL 9:30-10:15AM 	INTERMEDIATE YOGA ALEXIS 10:30- 11:30AM 	
APRIL 12	GENTLE YOGA ALEXIS 9:30- 10:15AM 	ZUMBA ALEXIS 10:30-11:30AM 	
APRIL 19	CARDIO HIP-HOP KELCIE 10:30-11:30AM 		
APRIL 26	CARDIO HIP-HOP ABBIE 10:30-11:30AM 		
MAY 5	BUTTZ & GUTZ KELCIE 9:30-10:30AM 	BARRE MADY 10:30- 11:15AM 